

Feeding Cow's Milk During the First 12 Months (AK 49-USDA 413)

Explain to Participant	<p>You're enrolled in the WIC program today because you have been feeding your infant cow's milk in place of mother's milk or iron-fortified formula. Regular cow's milk does not give your baby the nutrients she needs to grow and stay healthy. These nutrients can be found only in natural mother's milk or iron-fortified infant formula. Feeding your infant any kind of cow's milk (whole milk, low-fat milk, fresh milk, evaporated milk, canned milk, etc.) can also hurt your baby's digestive system and kidneys, and it may cause allergies!</p>	
Goal	<p>The goal is to discourage the use of any form of cow's milk as a major source of nutrients for infants less than 12 months old.</p>	
Suggestions for Reducing Risk	<p>Continue to offer the infant at least 24 ounces of iron-fortified formula per day. OR breastfeed (on-demand) OR feed expressed mother's milk at least 4-5 times per day.</p> <p>Continue to introduce foods according to the recommended guidelines. Begin offering cow's milk in a cup after 12 months of age.</p> <p>Explain the nutrition education material suggested.</p>	
Nutrition Education Material Suggested	Food for Your Baby's First Year	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein , Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Bright Futures for Infants	